

## Staying Strong 365 Days

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demi lovato wakes up each morning and affirms her commitment to herself to her health her happiness her being those  
commitments are the bedrock of her recovery and her work helping other young people dealing with the issues she lives with

every single day demi is a platinum selling recording artist whose latest album demi is already a smash hit she s about to embark on her second season as a judge on x factor and just launched the lovato treatment scholarship program and she is an outspoken advocate for young people everywhere demi is also a young woman finding her way in the world she has dealt deftly with her struggles in the face of public scrutiny and she has always relied not just on friends and family but daily affirmations of her self worth and value affirmations that steady her days and strengthen her resolve those affirmations have grown into staying strong a powerful 365 day collection of demi s most powerful honest and hopeful insights each day will provide the readers with a quote a personal reflection and a goal these are demi s words words she lives by and shares with the people she loves and total strangers alike they are a powerful testament to a young woman standing up and fighting back

warning this is not the actual book staying strong 365 days a year by demi lovato this is a brief read of staying strong 365 days a year by demi lovato in a brief read as summarized and interpreted by johnna russell demi lovato walks us through her struggles in this revealing book of daily inspirational passages with numerous wise quotes and personal perceptions she reaches out to those suffering in silence while imparting life lessons that apply to everyone demi has stumbled more than once in her journey with illness insecurities and vices she now uses these powerful experiences to share the secrets of a strong happy and fulfilled life one day at a time a brief read books for busy people

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